चत्वारि आर्यसत्यानि

catvāri āryasatyāni

The Four Noble Truths

इदं दुःखम् आर्यसत्यम्।
अयं दुःखसमुदयः आर्यसत्यम्।
अयं दुःखनिरोधः आर्यसत्यम्।
इयं दुःखनिरोधगामिनी प्रतिपद् आर्यसत्यम्॥

idaṃ duḥkham āryasatyam ।
ayaṃ duḥkhasamudayaḥ āryasatyam ।
ayaṃ duḥkhanirodhaḥ āryasatyam ।
iyaṃ duḥkhanirodhagāminī pratipad āryasatyam ॥

lokasaṁvṛtyā / *paramārthataḥ*

This suffering[1] is a noble truth.
This origin of suffering is a noble truth.
This cessation of suffering is a noble truth.
This path leading to the cessation of suffering is a noble truth. *

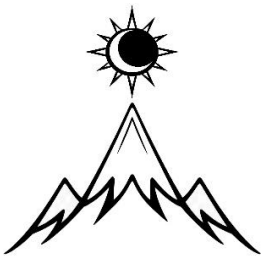
1. English: "Suffer", from Anglo-Norman "suffrir", from Vulgar Latin sufferīre, from Latin "subferō", sub- "(from) under, beneath" + ferō "to bear (up), to carry"; in other words, "to carry (upwards) from beneath and bear (up)".

** Contemplate the seed syllable* हूँ *hūṃ, "wisdom", the lotus-seated figure offering up the (eclipsed) sun and moon above the skull in sacrifice.*

Notes

लोकसंवृत्या (*loka-saṁvṛtyā*), *"by worldly convention". The secret of body, speech, and mind.*

परमार्थतः (*parama-artha-taḥ*), *the "ultimate reality" beyond worldly "convention".*



Reconstructed Sanskrit Formula of the Four Noble Truths.
Śrī Maccidānanda Nātha (2026).